

The quiz above was designed, not as a scientific test, but as a tool for becoming more aware of the ways we view ourselves and our abilities. If you suffer from feelings of low self-esteem, it may be helpful to speak to a professional who is skilled in working with self-esteem problems.

HMS is here to help

If you would like help for issues related to self-esteem, contact Human Management Services (HMS) for confidential counseling, referrals or information. HMS is always available to help you or your dependents with any type of personal, family or work-related concern. Why not call an HMS counselor today? We're here to help.

HMS SERVICES

PROVIDED BY YOUR EMPLOYER FOR YOU AND YOUR DEPENDENTS

This confidential prepaid program is designed to help employees and their eligible dependents resolve problems which may be interfering with their personal, work or home life. HMS offers help for marital and family issues, substance abuse, job concerns, emotional problems, life adjustments, legal issues, financial matters, and elder care and child care referrals.

If you're experiencing problems which are causing concern, you and your HMS counselor can work as a team to find solutions.

Call HMS for Help:

24 Hours a day: 800-343-2186

www.hmsincorp.com



Internet Gamblers: may be more likely to have a serious gambling problem

A recent study published in the Psychology of Addictive Behaviors reports that people who use the internet to gamble may have more serious gambling problems than those who practice other forms of gambling. Compared with gamblers without any internet gambling experience, internet gamblers were 3 times more likely to be classified as problem gamblers.

Often referred to as the "hidden addiction," problem gambling can be extremely difficult to detect. The internet further adds to this problem by offering access to isolated and anonymous gambling opportunities. The authors of the study concluded that the internet may attract those who try to hide their gambling behaviors.

What is problem gambling?

Just as some people become addicted to drugs or alcohol, it is possible for a person to become obsessed with an uncontrollable urge to gamble. A person has a problem with gambling if he or she continues to gamble despite evidence that their gambling is causing personal, family, financial, work or legal problems.

Warning signs of problem gambling

Review the warning signs below. If you or someone you know answers "Yes" to any of the questions below, consider seeking help from a professional who is experienced in treating problem gambling:

1. You have often gambled longer than you had planned.
2. You have often gambled until your last dollar was gone.
3. Thoughts of gambling have caused you to lose sleep.
4. You have used your income or savings to gamble while letting bills go unpaid.
5. You have made repeated, unsuccessful attempts to stop gambling.
6. You have broken the law or considered breaking the law to finance your gambling.
7. You have borrowed money to finance your gambling.
8. You have felt depressed or suicidal because of your gambling losses.
9. You have been remorseful after gambling.
10. You have gambled to get money to meet your financial obligations.

HMS is here to help

There are specific behavior patterns associated with problem gambling. Gamblers who recognize these patterns can cope with the problem and learn to live free of gambling. Human Management Services (HMS) can provide you or your dependents with counseling, referrals and/or information to help you recover a life free of gambling. And remember, all HMS services are FREE and strictly CONFIDENTIAL. Why not call an HMS counselor today? We're here to help.

